



Healthy Gators 2010 Highlights

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Cold & Flu Campaign Spreads Across Campus

Healthy Gators 2010 and the Student Health Care Center are teaming up to spread the word around campus about cold and flu prevention. Some key messages include: Get a flu shot; Wash hands frequently, disinfect surfaces and cover your cough. Flu shots will be available for faculty, staff and students. Visit the Student Health Care Center website for more details at shcc.ufl.edu.

Policy Work Group Makes Healthy Choices

Healthy food choices and services have been discussed with various people around campus, and the group is exploring the possibility of a common, "healthy" food symbol that can be used to identify healthy options all around campus.

Data Collection Work Group Moves Forward

The Healthy Gators 2010 survey is on schedule to be administered in February. Results should be available by the end of the spring semester. Once the student survey is completed, the group plans to focus on surveying faculty and staff about their health behaviors.

Programming and Comm/PR Work Groups Have Merged

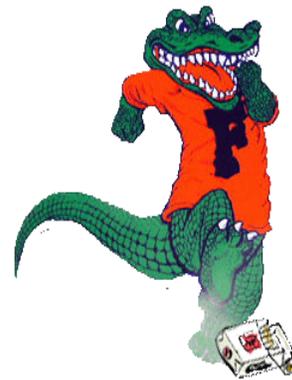
Congratulations to Cher Harris who has taken a new job in Houston! The Programming and Comm/PR work groups have worked together for the past two years and will merge to become the Programming & Communications work group. Jane Emmerée will chair the "new" group and anyone interested in co-chairing can contact Jane at emmeree@ufl.edu.

Tobacco Task Force Update!

A Tobacco Prevention and Cessation Task Force has been formed to create an action plan to significantly reduce tobacco use among the UF community by the year 2010. For more information email Tobacco-Free@ufl.edu.

Put the Chomp on Tobacco with the Great Gator Smokeout

Healthy Gators 2010 will host its first-annual Great Gator Smokeout on Thursday, November 15 from 11:30 a.m. to 1:30 p.m. at the Reitz Union Colonnade. In conjunction with the American Cancer Society's Great American Smokeout, we will provide support for people who want to quit smoking. Chris Machen will give a brief speech at 12:15 p.m., and campus and community health professionals will answer questions about how to kick the habit for good.



New Walking Program Begins in January

On January 29, the Healthy Gators 2010 Walking Bus program will debut. Walkers can choose from several routes approximately one-mile long. Program goals include stress relief, meeting new people and a dose of physical activity during the day.

Orange & Blue – A Healthy You!

www.healthygators.hhp.ufl.edu